FOR MODEL :

T103

T104

T105

TREO FITNESS

TREADMILL OWNER'S GUIDE

INTRODUCTION

CONGRATULATIONS and THANK YOU for your purchase of this Treo Fitness treadmill!

Whether your goal is to win a race or simply enjoy a fuller, healthier lifestyle, a Treo treadmill can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger, healthier and faster. We're committed to designing fitness equipment from the inside out, so we use only the highest quality components.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class. A Treo Fitness Treadmill delivers!

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BEFORE YOU BEGIN

CONGRATULATIONS!

on choosing your treadmill! You've taken an important step in developing and sustaining an exercise program! Your treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your treadmill can improve the quality of your life in so many ways.

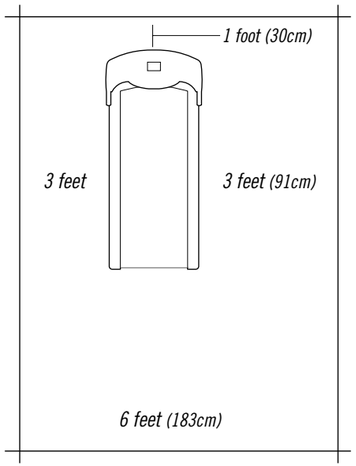
HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:

- *Weight Loss*
- *A Healthier Heart*
- *Improved Muscle Tone*
- *Increased Daily Energy Levels*
- *Reduced Stress*
- *Help In Countering Anxiety and Depression*
- *An Improved Self Image*

The key to reaping these benefits is to develop the exercise habit.Your newTreo Fitness Treadmill will help you eliminate the obstacles that prevent you from getting in your exercise time. Inclement weather and darknesswon't interferewith your workout when you see your Treo Fitness Treadmill in the comfort of your home. This manual provides you with basic information for using and enjoyingn your new machine. A more complete knowledge of your new Treo Fitness Treadmlil will assist you in realising your goal of a healthy lifestyle.

LOCATION OF THE TREADMILL

Place the treadmill on a level surface. We advise there should be 6 feet of clearance behind the treadmill, 3 feet on each side and one foot in front for folding and the power cord. Do not place the treadmill in any area that will block any vent or air openings. The treadmill should not be located in a garage, covered patio, near water or outdoors.



WARNING

DO NOT STAND ON THE BELT
While you are preparing to use the treadmill, do not stand on the belt. Place your feet on the side rails before starting the treadmill. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a fast running speed and attempt to jump on!

SAFETY KEY

Your treadmill will not start unless the safety key is placed in position. Attach the clip end securely to your clothing. This safety key is designed to cut the power to the treadmill if you should fall. Check the operation of the safety key every 2 weeks.

WARNING

NEVER USE THE TREADMILL WITHOUT SECURING THE SAFETY KEY CLIP TO YOUR CLOTHING. PULL ON THE SAFETY KEY CLIP FIRST TO MAKE SURE IT WILL NOT COME OFF YOUR CLOTHING.

PROPER USAGE

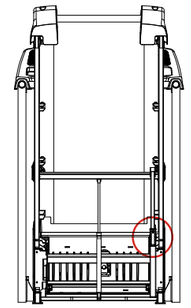
Your treadmill is capable of reaching high speeds. Always start off using a slower speed and adjust the speed in small increments to reach a higher speed level. Never leave the treadmill unattended while it is running. When not in use, remove the safety key, turn the on/off switch to off and unplug the power cord. Make sure to follow the MAINTENANCE schedule in this manual. Keep your body and head facing forward. Do not attempt to turn around or look backwards while the treadmill is running. Stop your workout immediately if you feel pain, faint, dizzy or are short of breath.

WARNING

Do not operate the treadmill if the power cord or plug is damaged.
If the treadmill appears to not be working properly, do not use the treadmill.

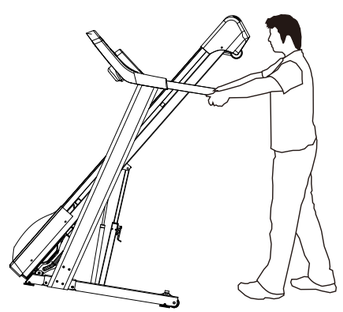
FOLDING

Firmly grasp the back end of the treadmill. Carefully lift the end of the treadmill deck into the upright position until the deck is securely engaged by the lock latch. Make sure the deck is securely latched before letting go. To unfold, firmly grasp the back end of the treadmill. Gently release the lock latch with your feet until it disengages. Carefully lower the deck to the ground.



MOVING

Your Treo Finess treadmill has a pair of transport wheels built into the base frame.To move,make sure the treadmill is folded and securely latched.Then firmly grasp the handebars,tilt treadmill back and roll.

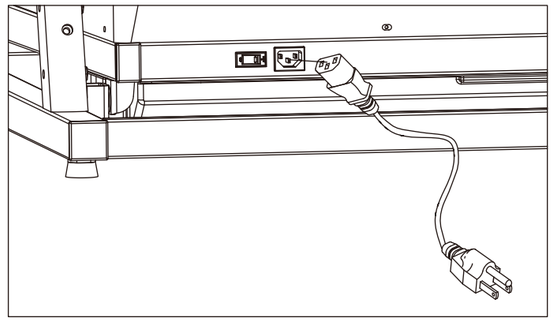


LEVELLING

The treadmill should be leveled for optimum use. Once you have placed the treadmill where you intend to use it, raise or lower the adjustable levellers located on the treadmill base frame. Once you have levelled the treadmill, lock the levellers in lace by tightening the pad against the frame. To assure the treadmill is level, a carpenter's level is recommended.

TURN POWER ON

Make sure that your treadmill is properly connected to a power outlet. The on/off switch is located next to the power cord. Flip this switch to the 'on' position, so that the switch is lit.
You will hear a beep and the console will light up.

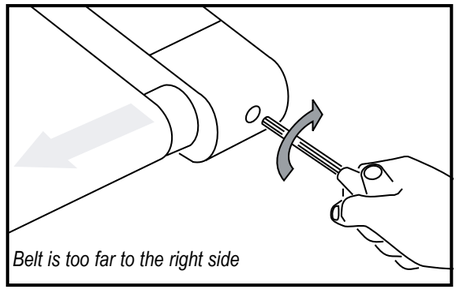


TENSIONING THE RUNNING BLET

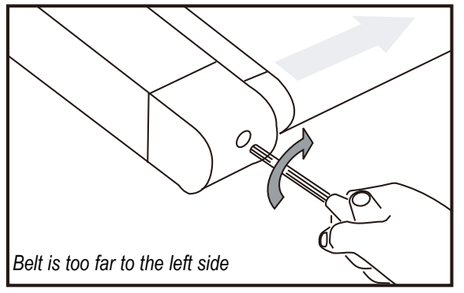
The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment.

CAUTION: Running belt should NOT be moving during tensioning. Over-tightening the running belt can cause excessive wear on the treadmill as well as its components. Never overtighten the belt.

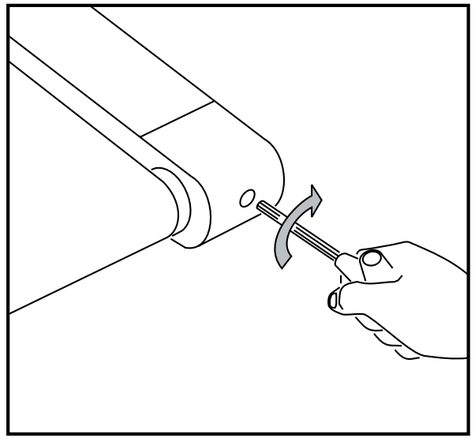
If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, TURN THE TREADMILL OFF and tension BOTH THE REAR ROLLER BOLTS (left and right adjustment bolt) using the supplied Allen wrench, turning them 1/4 TURN to the right as shown. Turn the treadmill on and check for slipping. Repeat if necessary, but NEVER TURN the roller bolts more than 1/4 turn at a time. Belt is properly tensioned when the slipping sensation is gone.



Belt is too far to the right side



Belt is too far to the left side



CENTERING THE RUNNING BELT

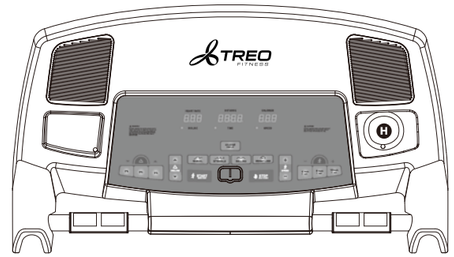
The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment. Before operating the treadmill, make sure the belt is centered and remains centered to maintain smooth operation.

CAUTION: Do not run belt faster than 1 mph while centering. Keep fingers, hair and clothing away from belt at all times.

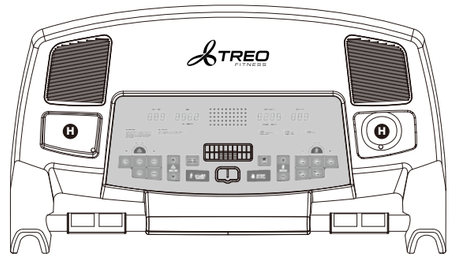
If the running belt is too far to the right side: With the treadmill running at 1 mph, turn the right adjustment bolt clockwise 1/4 TURN at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.

If the running belt is too far to the left side: With the treadmill running at 1 mph, turn the left adjustment bolt clockwise 1/4 TURN at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.

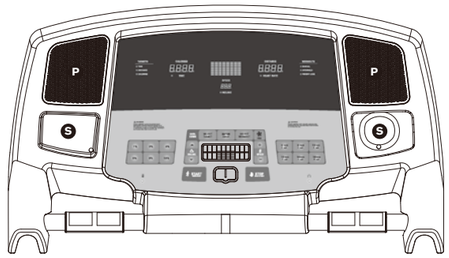
T103 104 105 CONSOLE



CONSOLE BRONZE



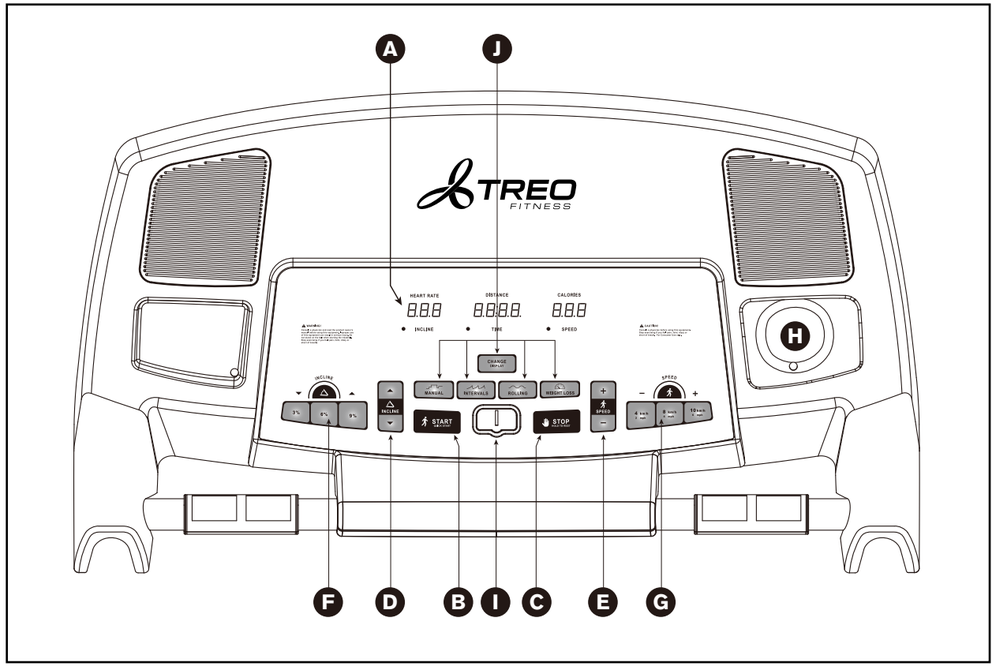
CONSOLE SILVER



CONSOLE GOLD

***NOTE**: Please note the console you have selected, then follow these console instructions.*

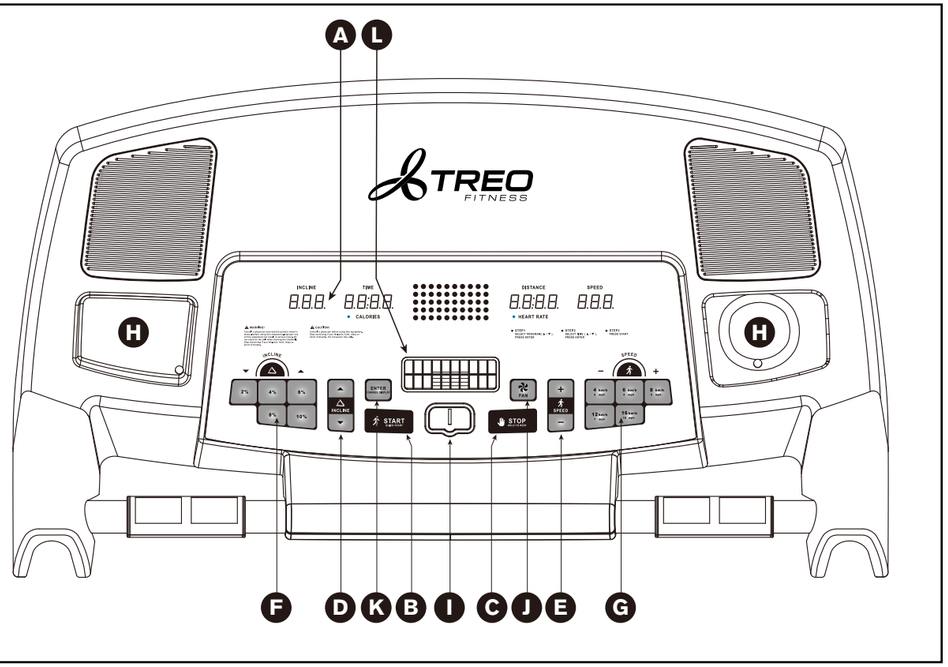
CONSOLE BRONZE OPERATION



Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) *LED display windows: time, distance, calories, heart rate, speed, and incline.*
B) *START: press to begin exercising, start your workout, or resume exercising after pause.*
C) *Stop: press to pause/end your workout. Hold for 3 seconds to reset the console.*
D) *Incline ▲ / ▼ keys: used to adjust incline in small increments (0.5% Increments).*
E) *Speed + / - keys: used to adjust speed in small increments (0.1 Mph or 0.1 KMph increments).*
F) *Incline quick keys: used to reach desired incline more quickly.*
G) *Speed quick keys: used to reach desired speed more quickly.*
H) *Water bottle pockets: holds personal workout equipment.*
I) *Safety key position: enables treadmill when safety key is inserted.*
J) *QUICK PROGRAM KEY: Press key to turn select program.*

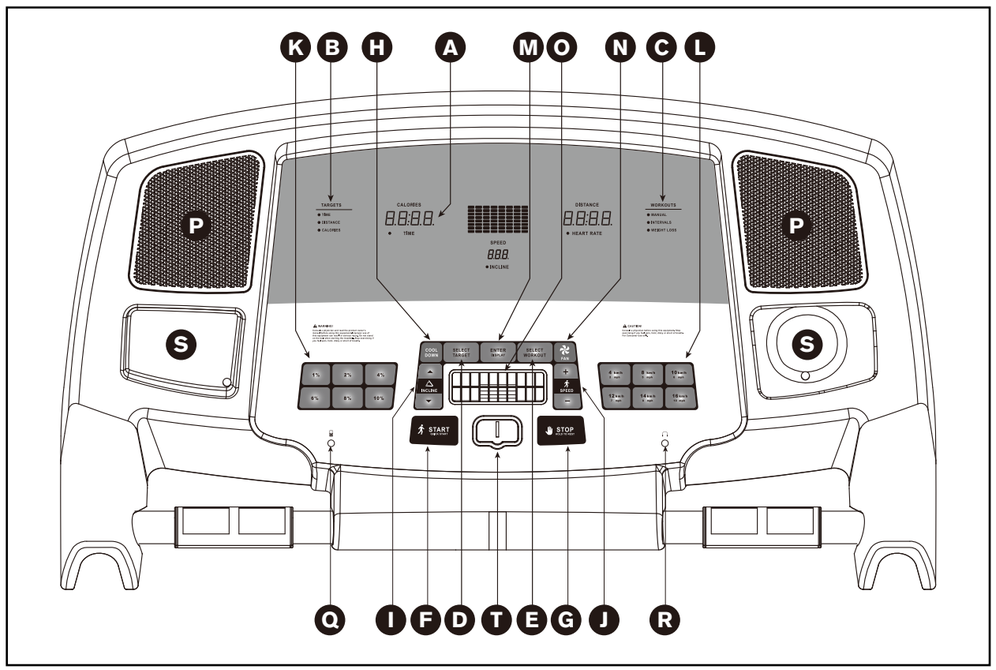
CONSOLE SILVER OPERATION



Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) *LED display windows: time, distance, calories, heart rate, speed, incline and workout profiles.*
B) *START: press to begin exercising, start your workout, or resume exercising after pause.*
C) *Stop: press to pause/end your workout. Hold for 3 seconds to reset the console.*
D) *Incline ▲ / ▼ keys: used to adjust incline in small increments (0.5% Increments).*
E) *Speed + / - keys: used to adjust speed in small increments (0.1 Mph or 0.1 KMph increments).*
F) *Incline quick keys: used to reach desired incline more quickly.*
G) *Speed quick keys: used to reach desired speed more quickly.*
H) *Water bottle pockets: holds personal workout equipment.*
I) *Safety key position: enables treadmill when safety key is inserted.*
J) *FAN KEY: Press to turn fan on/off.*
K) *ENTER: Used to select program and time.*
L) *FAN: Personal workout fan.*

CONSOLE GOLD OPERATION



Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) LED display windows: time, distance, calories, heart rate, speed, incline and workout profiles.

B) Target LED indicators: indicate what target (if any) is set for the current program.

C) Workout LED indicators: indicate what workout is set for the current program.

D) Select target: press to select your desired target.

E) Select workout: press to select your desired workout.

F) START: press to begin exercising, start your workout, or resume exercising after pause.

G) Stop: press to pause/end your workout. Hold for 3 seconds to reset the console.

H) Cool down: press to enter cool down mode. Cool down lasts for 4 minutes and reduces speed and incline to allow your heart to readjust to decreased demand.

I) Incline ▲ / ▼ keys: used to adjust incline in small increments (0.5% Increments).

J) Speed + / - keys: used to adjust speed in small increments (0.1 Mph or 0.1 KMph increments).

K) Incline quick keys: used to reach desired incline more quickly.

L) Speed quick keys: used to reach desired speed more quickly.

M) Enter/Display: used to adjust target and workout settings. Press enter to change display feedback during workout.

N) Fan key: press to turn fan on and off.

O) Fan: personal workout fan.

P) Speakers: music plays through speakers when your cd / mp3 player is connected to the console.

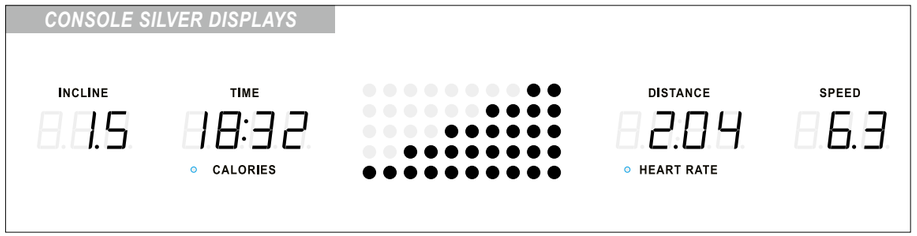
Q) Audio in jack: plug your cd / mp3 player into the console using the included audio adaptor cable.

R) Audio out / headphone jack: plug your headphones into this jack to listen to your music through the headphones. Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.

S) Water bottle pockets: holds personal workout equipment.

T) Safety key position: enables treadmill when safety key is inserted.

CONSOLE BRONZE & SILVER DISPLAY WINDOWS



- ***TIME***
  Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.

- ***DISTANCE***
  Shown as miles or kilometer. Indicates distance traveled or distance remaining during your workout.

- ***SPEED***
  Shown as MPH or KMPH. Indicates how fast your walking or running surface is moving.

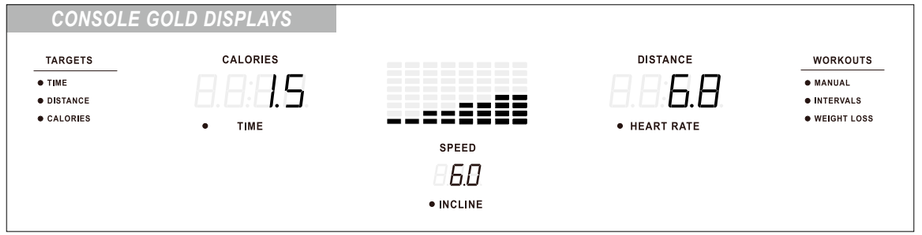
- ***INCLINE***
  Shown as percent. Indicates the incline of your walking or running surface.

- ***CALORIES***
  Total calories burned or calories remaining left to burn during your workout.

- ***HEART RATE***
  Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).

- ***PROGRAM PROFILES (CONSOLE SILVER & GOLD)***
  Represents the profile of the program being used (speed during speed based programs and incline during incline based programs).

CONSOLE GOLD DISPLAY WINDOWS



- ***TARGETS: (CONSOLE GOLD ONLY)***
  LED lights up next to currently selected target. If no LED is lit, no target is activated.

- ***WORKOUTS: (CONSOLE GOLD ONLY)***
  LED lights up next to currently selected workout.

GETTING STARTED

1) *Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.*
2) *Plug in the power cord and turn the treadmill ON.*
3) *Stand on the side rails of the treadmill.*
4) *Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.*
5) *Insert the safety key into the safety keyhole in the console.*
6) *You have two options to start your workout:*

A) QUICK START UP

Simply press the GO/START key to begin working out.
Time, distance, and calories will all count up from zero. OR...

B) SELECT A TARGET AND WORKOUT (CONSOLE GOLD)

1) *Select a TARGET using the SELECT TARGET key.*
2) *Adjust the TARGET settings using the ARROW keys.*
3) *Press ENTER to advance.*
4) *Select a WORKOUT using the SELECT WORKOUT key.*
5) *Press GO/START to begin workout.*

***NOTE**: If no TARGET or WORKOUT is selected, the program will function as a MANUAL program. All changes in speed and incline will need to be from the user in this setting.*

CHANGING YOUR TARGET MID-WORKOUT

You can change your target "on-the-fly" without losing your current workout stats.

Anytime during your workout, press the select target key until you have selected the new target you would like.

Use the ▲ / ▼ Or + / – keys to enter in the value of your new target and press enter. All previous workout statistics will be rolled into the new target, so you'll never miss a beat.

***NOTE**: If you accidentally press the SELECT TARGET key during a workout, if no buttons are pressed after 5 seconds, the current target will resume.*

CHANGING YOUR WORKOUT MID-WORKOUT

You can change your Workout "on-the-fly".

Anytime during your workout, press the SELECT WORKOUT key until you have selected the new WORKOUT you would like. Press ENTER.

New workout will begin at the first segment after warm up and all workout statistics will roll over.

AVAILABLE PROGRAMS

CONSOLE BRONZE / CONSOLE SILVER

1) ***MANUAL**: Allows 'on the fly' manual speed and incline changes. Time-based goal.*

2) ***INTERVALS**: Walk or run a series of alternation paced speed levels. Time-based goal.*

3) ***ROLLING**: Creates the feel of walking or running over hills. Time-based goal.*

4) ***WEIGHT LOSS**: Keeps user in their optimal fat buming zone.*

CONSOLE SILVER ONLY

5) ***FAT BLAST**: Burn fat at an increased rate.*

6) ***CARDIO BURN**: Burn carbs and tones muscles. Time-based goal.*

7) ***ENDURANCE CHALLENGE**: Tones muscle and challenges cardiovascular system.*

CONSOLE GOLD ONLY (TARGET PROFILES)

***TARGET 1 – TIME**: Allows user to set a target based on how long they would like to workout. Time targets can range from 15:00 – 99:00. TIME will count down. DISTANCE and CALORIES will count up from zero.*

***TARGET 2 – DISTANCE**: Allows user to set a target based on distance they would like to complete. Distance target can range from 0.25 – 26.25 MILE or 0.4-42 KM. DISTANCE will count down. TIME and CALORIES will count up from zero.*

***TARGET 3 – CALORIES**: Allows user to set a target based on the number of calories they would like to burn. Calories target can range from 20 – 980 calories. CALORIES will count down. TIME and DISTANCE will count up from zero.*

***NO TARGET**: Allows user to select a workout profile that has no specified time, distance, or calorie target. TIME, DISTANCE, and CALORIES will all count up from zero.*

WORKOUT PROFILES (CONSOLE GOLD ONLY)

1) ***MANUAL**: Allows 'on the fly' manual speed and incline changes.*

2) ***INTERVALS**: Improves your strength, speed and endurance by increasing and decreasing the speed throughout your workout to involve your heart and other muscles.*

Segment	Warm Up		1	2	
Time	2:00 Mins	2:00 Mins	90 sec	30 sec	Segments 1 & 2 repeat until target is complete
Speed	1	1.5	2	4	
Incline	1	1.5	0.5	1.5	

3) ***WEIGHT LOSS**: Promotes weight loss by increasing and decreasing the speed, while keeping you in your fat burning zone.*

Segment		Warm Up		1	2	3	4	5	6	7	8	
Time		4:00 Mins		30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	Segments 1–8 repeat until target is complete
Level 1	Incline	0	0.5	1.5	1.5	1	0.5	0.5	0.5	1	1.5	
	Speed	1	1.5	2	2.5	3	3.5	4	3.5	3	2.5	

TO RESET THE CONSOLE

Hold stop key for 3 seconds.

COOL DOWN (CONSOLE GOLD ONLY)

Puts treadmill into cool down mode. Cool down lasts for four minutes and reduces speed and incline to allow your heart to readjust to decreased demand.

FINISHING YOUR WORKOUT

When your workout is complete, the monitor display will flash "FINISHED" and beep. Your workout information will stay displayed on the console for 30-45 seconds and then reset.

CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the stop button for 3-5 seconds.

USING YOUR CD / MP3 PLAYER (CONSOLE GOLD ONLY)

1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the bottom right of the console and the headphone jack on your CD / MP3 player.

2) Use your CD / MP3 player buttons to adjust song settings.

3) Remove the AUDIO ADAPTOR CABLE when not in use.

4) If you don't want to use the SPEAKERS, you can plug your headphones into the AUDIO OUT JACK at the bottom of the left console.

ASSEMBLY INSTRUCTIONS

TOOLS INCLUDED:

- ☐ *6 mm T-Wrench*
- ☐ *5 mm L-Wrench*

PARTS INCLUDED:

- ☐ *1 Console Assembly*
- ☐ *2 Console Masts*
- ☐ *2 Socket (Console Mast Scoket)*
- ☐ *3 Hardware Bags*
- ☐ *1 Safety Key*
- ☐ *1 Bottle of Silicone Lubricant*
- ☐ *1 Power Cord*

PRE ASSEMBLY

UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take CAUTION when handling and transporting this unit. Never open box when it is on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled and in the upright folded position, with the lock latch secure. Unpack the unit where it will be used. The enclosed treadmill is equipped with high-pressure shocks and may spring open if mishandled. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill.

⚠ *WARNING*

DO NOT ATTEMPT TO LIFT THE TREADMILL! Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.

⚠ *WARNING*

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

***NOTE**: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.*

***NOTE**: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.*

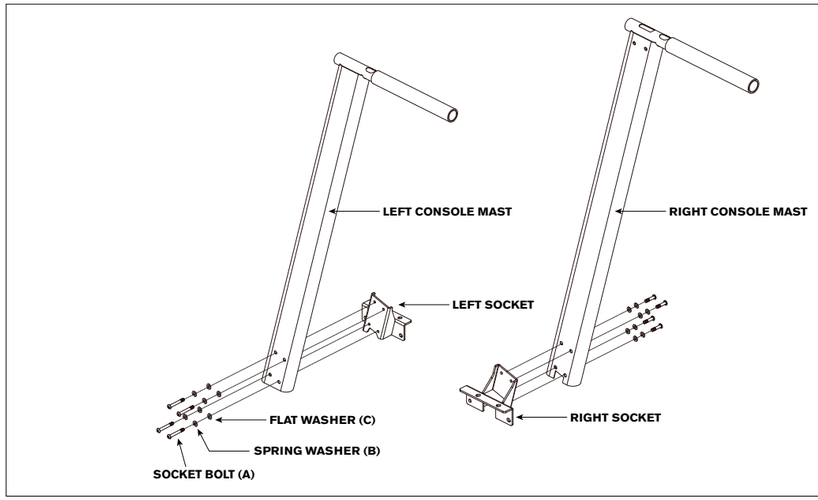
ASSEMBLY **STEP 1**

***HARDWARE BAG 1** CONTENTS :*

SOCKET BOLT (A)
50 mm
Qty: 8

SPRING WASHER (B)
15 mm
Qty: 8

FLAT WASHER (C)
15 mm
Qty: 8



A *Open **HARDWARE BAG 1**.*

B *Attach the **LEFT SOCKET** to the **LEFT CONSOLE MAST** using 4 **SOCKET BOLTS (A), 4 SPRING WASHERS(B)**, and **4 FLAT WASHER(C)**.*

C *Attach the **RIGHT SOCKET** to the **RIGHT CONSOLE MAST** using 4 **SOCKET BOLTS (A). 4 SPRING WASHERS(B)**, and **4 FLAT WASHER(C)**.*

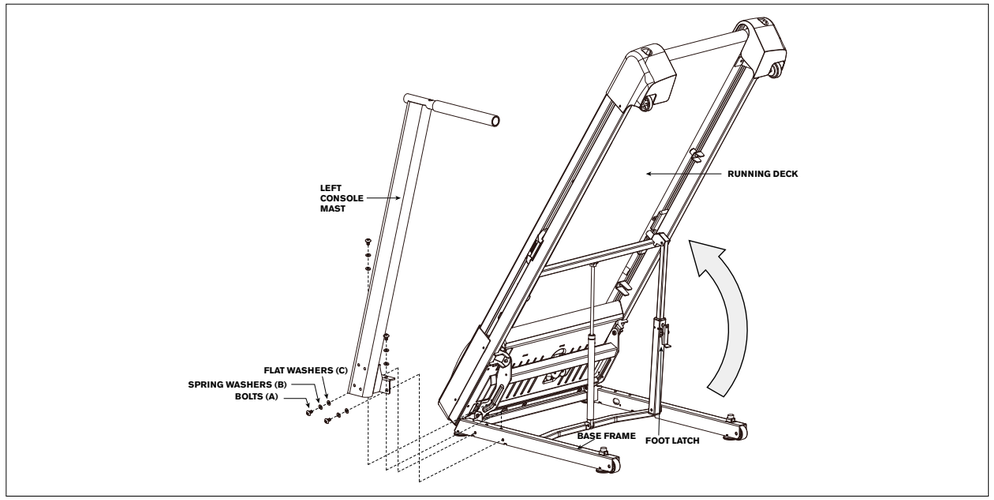
ASSEMBLY **STEP 2**

***HARDWARE BAG 2** CONTENTS :*

BOLT (A)
25 mm
Qty: 4

SPRING WASHER (B)
15 mm
Qty: 4

FLAT WASHER (C)
15 mm
Qty: 4



A *Cut the yellow banding straps and lift the **RUNNING DECK** upward until the **FOOT LATCH** locks. Remove all contents from underneath the running deck.*

B *Open **HARDWARE BAG 2.***

C *With the **RUNNING DECK** in the raised position, attach the **LEFT CONSOLE MAST** to the **BASE FRAME** using **4 BOLTS (A)**, **4 SPRING WASHERS (B)** and **4 FLAT WASHERS (C)**.*

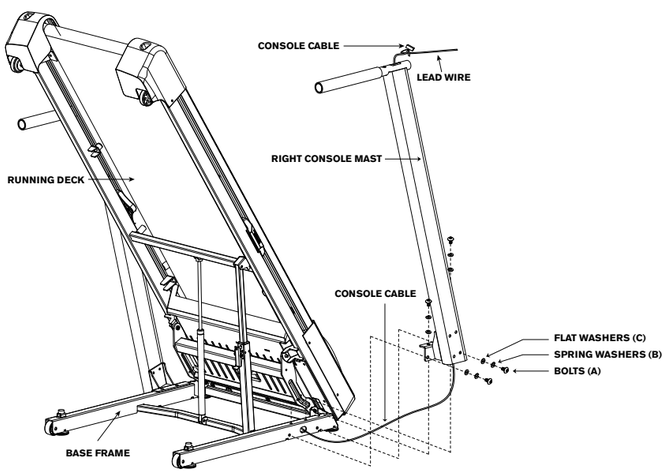
ASSEMBLY ***STEP 3***

HARDWARE BAG 2 *CONTENTS :*

BOLT (A)
25 mm
Qty: 4

SPRING WASHER (B)
15 mm
Qty: 4

FLAT WASHER (C)
15 mm
Qty: 4



*A Still open **HARDWARE BAG 2**.*

B ***Pull LEAD WIRE*** *through **RIGHT CONSOLE MAST**. After pulling the lead wire through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard the lead wire.*

*C With the **RUNNING DECK** in the raised position, attach the **RIGHT CONSOLE MAST** to the **BASE FRAME** using **4 BOLTS (A)**, **4 SPRING WASHERS (B)** and **4 FLAT WASHERS (C)**.*

***NOTE**: Be careful not to pinch any wires while assembling the right console mast.*

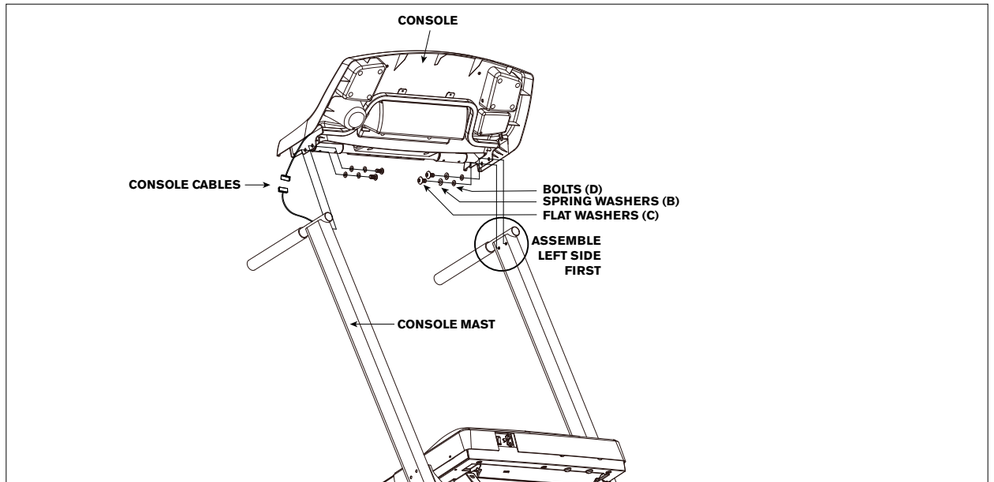
ASSEMBLY ***STEP 4***

HARDWARE BAG 3 *CONTENTS :*

BOLT (D)
20 mm
Qty: 4

SPRING WASHER (B)
15 mm
Qty: 4

FLAT WASHER (C)
15 mm
Qty: 4



*A Disengage the **DECK LOCK LATCH** with your foot to lower the **RUNNING DECK**.*

*B Open **HARDWARE BAG 3**.*

*C Connect the **CONSOLE CABLES**, carefully tucking wires in masts to avoid damage.*

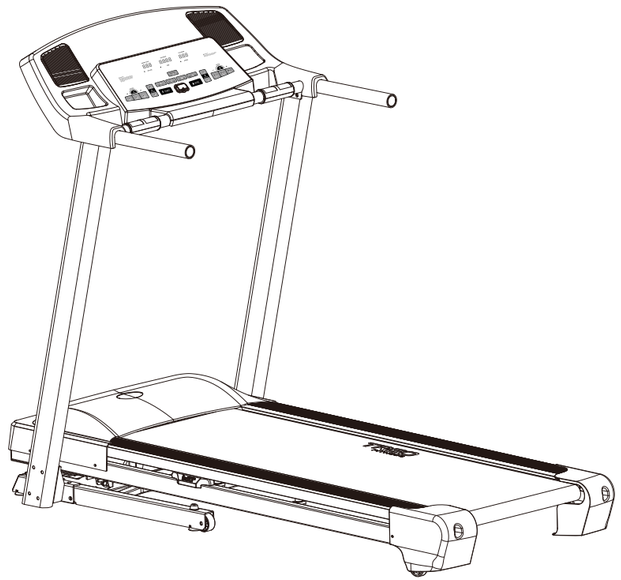
*D Gently place the **CONSOLE** on top of the **CONSOLE MASTS**. Attach the **LEFT SIDE** first using **2 BOLTS (D)**, **2 SPRING WASHERS (B)** and **2 FLAT WASHERS (C)**.*

*E Attach the **RIGHT SIDE** of the **CONSOLE** using **2 BOLTS (D)**, **2 SPRING WASHERS (B)** and **2 FLAT WASHERS (C)**.*

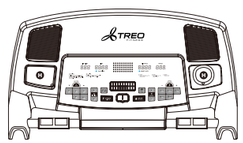
***NOTE**: Be careful not to pinch any wires while assembling the mast.*

ASSEMBLY **STEP 5**

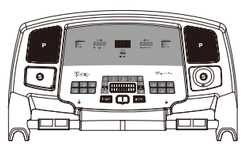
CONSOLE BRONZE



CONSOLE SILVER



CONSOLE GOLD



YOU ARE FINISHED!

CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)
The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast,during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (Duration of Workouts)
For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensitieshas been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

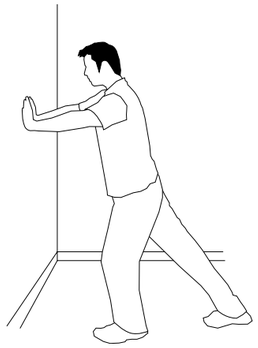
HOW HARD? (Intensity of Workouts)
How hard you workout is also determined by your goals. If you use your treadmill to prepare for a 5K run, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate (using the grip pulse handlebars or a wireless chest transmitter - may be sold separately), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

PERCEIVED EXERTION LEVEL
A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

TIPS STRETCHING

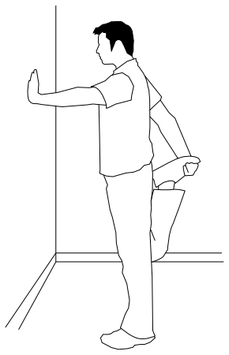
STRETCH FIRST

Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.



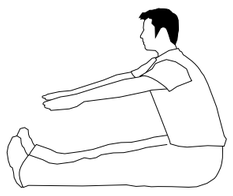
1. STANDING CALF MUSCLE STRETCH

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.



2. STANDING QUADRICEP STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.



3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

TIPS THE INPORTANCE OF WARM UP & COOL DOWN

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

TIPS ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- *Weight Loss - lower intensity, longer duration workouts*
- *Improve Body Shape and Tone - interval workouts, alternate between high and low intensities*
- *Increased Energy Level - more frequent daily workouts*
- *Improved Sports Performance - high intensity workouts*
- *Improved Cardiovascular Endurance - moderate intensity, longer duration workouts*

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

LIMITED HOME-USE WARRANTY

Maximum user's weight = 110 kg / 242 lbs (T103).
125 kg / 275 lbs (T104. T105).

EXCLUSIONS AND LIMITATIONS

Who IS covered:

• The original owner and is not transferable.

What IS covered:

• Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

• Normal wear and tear, improper assembly or neglect to maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.

• Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by Treo Fitness.

• Incidental or consequential damages. Treo Fitness is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of what so ever nature in connection with the purchase, use, repair or maintenance of the equipment.

• Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by Treo Fitness for coverage.

• Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.

• Any attempt to repair this equipment creates a risk of injury. Treo Fitness is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and Treo Fitness shall have no liability for any injury to the person or property arising from such repairs.

**Please consult your local dealer for more warranty details.*

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